

Turn On Your Energy

Taking Your Health and Well-being into Your Own Hands

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Preface	3
Introduction	5
Your Body/Mind's Genius Capabilities	8
Electrons are Always Flowing In and Through You	12
Electrons Can Be Manipulated	17
Evidence That You are Primarily Electrical Fields of Energy	22
Electrons React to Thoughts, Feelings, and Emotions	26
Manipulating Electrons to Feel Your Personal Energy	38
The Power of Touch	44
Healing Power of Touch in Your Hands	49
Flexibility and the Flow of Electrical Energy	56
Foods as Fuel	62
Acid versus Alkaline Foods	65
Nutritionally Dense Foods	78
Accessing Nature and Earth's Energy to Improve Yours	80
Exposure to High-Level Electric Fields Can Impact Your Health	85
Summary	90

Preface

Turn on Your Energy, has been decades in the making. It started when I was about to transition from my idyllic college life into the real world and realized I needed to control my anxiety. Interestingly enough, on April Fool's Day, near the end of my senior year, I learned Transcendental Meditation (TM). It was my first introduction to the idea that I was made up of electrical fields of energy. With practice, I developed the ability to visualize my electrical fields of energy as a matrix or grid upon which stress nodules form. Through the relaxing effects of meditating, my body was able to dissolve those stress nodules. My curiosity to further use my body's electrical energy to live a life without stress was born.

You, too, have an innate ability to create ease. Regularly disconnecting or transcending your three-dimensional reality (objects, places, and people) enables you to connect with invisible energies that are filled with information and intelligence all around you. It is beyond anything you experience with your five major senses. The tools you will learn in this book will enable you to increase this flow of electrical energy.

As an Energy Medicine Practitioner, I have studied light and no-touch therapies for more than 25

years. With these skills and techniques I learned to feel and release disrupted patterns or distorted rhythms of electrical energy in and around the body, through my hands. Feeling the incredible shifts in clients' energies, has proven to me the amazing capability the body has to heal itself. These interactions with the body's electrical energy fields have made me passionate about explaining the genius capabilities of the body. I want to help you realize that your body is not a problem to fix, it is a miracle to discover.

My background as an Energy Medicine practitioner combined with scientific studies and research has enabled me to create this easy-to-understand guide for you to discover and use your electrical energy in your daily life and work.

Your body is made up of electrical fields of energy. Every day you are impacted by, and interact with, this energy. *Turn On Your Energy* offers you practical strategies to discover and use this massive flow of electrical energy

Introduction

Understanding everything you see, feel, hear, eat, and touch is translated into electrical signals is important because your health is based on these electrical signals effectively communicating with every cell in your body. Your body does not run on man-made electricity. You function on natural energy. The goal of this book is to explain many ways you can positively affect this flow of electrical energy to take control of your well-being.

Your health is based on an unimpeded flow of energy in your body. Your body is much more than dense bones and tissue. It is electrified with the flow of energy you are receiving, processing and transmitting at all times. Comprehending how much the flow of your electrical energy responds to your thoughts, diet, exercise, and relationships will change how you think about your health and well-being. Illness is rooted in blockages or imbalances in this flow of energy. You have the power to control your flow of electrical energy.

You may think that the world around you and your body are primarily chemical, mechanical and solid, because this view describes most day-to-day physical phenomena. The solidity of the world seems indis-

putable because you can see and touch it. However, many of these preconceived ideas of how the world works are false. Scientific instruments are able to show your electrical frequencies are connected with more than you ever imagined. When you realize how much of what impacts you, you can't actually see, you will begin to shift your focus away from objects, places, and people and devote more attention to invisible energies. For instance, you are probably familiar with precognition or premonitions, a strong feeling something is about to happen, or thinking of a person just before that person calls, you get the picture. According to one Cambridge study, more than 90 percent of the general population has experienced the "telephone effect"—thinking of a person just before that person calls on the phone or knowing who is calling the moment the phone rings.¹

The speed in which your electrical impulses carries messages throughout your body enables you to effectively think, move, and use your senses. These electrical impulses make you feel either more or less at ease. For instance, fear is an energy that contracts, restricts, and closes down, whereas appreciation is ener-

¹ Steering by Starlight: Find Your Right Life, No Matter What! by Martha N. Beck p. 129 Rodale Books 2008

gy that expands and opens up. Thinking of yourself as more than bone and tissue and understanding the power you have, will enable you to be more at ease, and not only live, but thrive.

The material in this book will enable you to refocus your attention so as to release stress, free your habitual mind, and help you to become more aware of invisible frequencies impacting you.

Your Body/Mind's Genius Capabilities

According to the mind/body perspective there is no division between mind and body. The body, brain, nervous system, and the thing we call the mind are all one, indivisible.

There are six trillion reactions occurring in the human body every second, and every one of them is correlated with every single other reaction. A human body can think thoughts, play a piano, sing a song, digest food, eliminate toxins, kill germs, develop a fetus, hypothesize a new philosophy, while at the same time accommodating seasonal changes, moon/tidal rhythms, time zone changes, cloudy days, and bright sunny days.

Every cell in your body thinks and makes decisions by reacting to the changing environment around them. Every cell has its own desires and it communicates with every other cell. You have a mind/body simultaneously everywhere.

How intelligent are your cells? Your cells contain a library of information extending the whole evolutionary history of mankind: When you come in contact with a bacterium, though you have never come in contact with that bacterium before, your DNA remem-

bers the first time a member of the human species contacted that bacterium.

Here are some mind boggling aspects of cell activity:

- Almost every cell in your body has the complete genetic code necessary to create your entire body
- “Every cell in our bodies has a unique sonic signature and ‘sings’ to its neighbors ”
- “Electric fields inside cells can be as strong as those produced in lightning bolts.”²
- “Your cells know when to remain enclosed to keep a toxic substance out and when to take in information signaling growth. The ability to know what is good and what is toxic is what allows life to continue”

You have a pharmacy inside of you. It makes everything: tranquilizers, antibiotics, sleeping pills, anti-cancer pills. You name it, you can make it at the right time, for the right target organ, at the right dose with no side effects. The dosage is always right and given on-time and the directions for using the drug are included in the drug itself, as part of its built-in intelligence.

² Lightning Bolts within Cells - MIT Technology Review <https://www.technologyreview.com/2007/12/10/128544/lightning-bolts-within-cells/>

An example of the pharmacy inside of you vs pharmaceutical are interleukins and interferons which are administered for the treatment of kidney cancer and melanoma. An initial course of interleukin can cost nearly \$40,000. But if your idea of fun is to take a joyride on "Magic Mountain" you could make a few million dollars of interleukin. In fact it isn't the joyride at all, it's your interpretation of it. Because if you panicked on that joyride you wouldn't make interleukin, you'd make cortisol adrenaline which is completely the opposite. It destroys the immune system.

When you experience tranquility, your body makes a form of Valium similar to pharmaceutical Valium except your body makes a precise dose for the right target organs. It doesn't make you feel like a zombie. It modulates the activity of the immune system. Your body's amazing pharmacy exquisitely aligns with your thoughts.

The flow of your electrical energy flows freely when you are able to be adaptable and pliable to life's changes and challenges. You have a choice to view any situation as a crisis, or challenge, or an opportunity. Consistently assessing your thoughts, beliefs, and situations to see if they are expanding and increasing your flow of electrical energy, or the opposite, is a key part in discovering and using your body's genius capabilities.

ties. You want to strive for the type of energy which is not the result of any contradiction, or tension, but comes about when there is ease and relaxation.

Though the body appears to be a material object, in reality it is a field of energy, transformation, and intelligence. The realization you are not just bones and tissue, but electrons repelling other electrons, is radical and transformative information. Every breath you take and every muscle you move and the digestion of all your food involves electrical activity. Your memories, feelings, and thoughts are electrical impulses that are electrical signals. Knowing you can control and change the flow of your electrical frequencies by using your hands, intentions, and acting upon how you feel is powerful.

Now that you know a little more of the enormity that has transpired for you to be at this point in time and space, how could you not believe in pushing past out dated beliefs and redefining what is possible?

The following overview of your body's genius capabilities will set the stage for understanding the flow of electrical energy in and through your body. Watch this one minute video by Deepak Chopra: The Wonder of You at: www.TunUc.com <https://www.youtube.com/watch?v=KCLCuS5KdSY/>

Electrons are Always Flowing In and Through You

How you communicate and control your electrical fields of energy determines your overall well-being. Everything you see, feel, hear, touch, and taste gets translated into electrical signals. These electrical signals trigger the body's incredible self-repair processes, and interconnect with everyone and everything around you.

Since scientists use the concept of “electrons” as a basis for explaining how fields of electrical energy flow, I will explain how the flow of your “electrons” impact your health through your thoughts, feelings, diet, exercise, social interactions, and even your home's electricity.³

All lifeforms on Earth — even humans — must harness energy if they are to remain alive. Energy comes in the form of electrons, the same tiny particles creating a current when they zip around actual electrical wires in a circuit... In a series of chemical reactions that happen inside your cells, electrons are released, and ultimately flow into oxygen — the same oxygen which you

³ Electrons <http://www.scienceclarified.com/everyday/Real-Life-Chemistry-Vol-1/Electrons.html>

have just breathed into your lungs. That flow of electrons is what powers your body.

This means the challenge for all creatures is the same. Whether the organism is a single-celled bacterium or a blue whale, it has to find a source of electrons, and a place to dump them to complete the circuit. ⁴

Electrons are involved in everything you do. An electrical current is a flow of electrons. Since your body is a huge mass of electrons, you generate electricity.⁵ The electricity produced by your body is what keeps your heart pumping and your muscles moving. In other words, “Everything you do is controlled and enabled by electrical signals running through our bodies.” ⁶

It is important for you and your well-being to understand and acknowledge the space around you is filled with information, intelligence, and the flow of

⁴ There are microbes that eat and poo nothing but electricity by Jasmin Fox-Skelly <http://www.bbc.com/earth/story/20160613-there-are-microbes-that-eat-and-poo-nothing-but-electricity>

⁵ How does the body make electricity -- and how does it use it? <https://health.howstuffworks.com/human-body/systems/nervous-system/human-body-make-electricity.htm>

⁶ How does the body make electricity -- and how does it use it? by Julia Layton <http://health.howstuffworks.com/human-body/systems/nervous-system/human-body-make-electricity.htm>

electrons. For example, researchers at the Institute of Heartmath had test participants hold human DNA in a test tube and think painful or destructive memories. This was shown to damage the DNA. Then the test participants held the same DNA while thinking good, happy thoughts. Amazingly, the DNA was examined and the researchers discovered there had been a healing effect on the DNA. ⁷



This experiment shows that the space between the test participants' hands and the test tube communicated intelligent information and you have a direct effect on the world around you. (My follow-up book, *The Energy To Thrive*, provides further discussions of what you previously considered "empty space" is an Electrically Interactive and Super Conductive World).

Everything is energy. It doesn't matter whether you call it electrons, energy, or information. You use

⁷ The Healing Code by Loyd and Johnson p. 99 Intermedia Publishing 2010

electrical energy in every aspect of your life. Thinking about electrons involves electrons and electro-chemical signaling. As the neurons in your brain fire, electricity and electrons are shuttled among your brain cells.

You may not see them, but you are continually bombarded with electrons. It is similar to being bombarded with positive and negative thoughts, feelings, and emotions. One example of electrons bombarding and repelling other electrons is static electricity. That is the reason why, when a balloon is rubbed against your hair, it will stick to it. The electrons are transferred from your hair to the balloon. When this happens, one material ends up with an abundance of electrons and becomes negatively charged, while the other ends up with a deficiency of electrons and becomes positively charged. The result of this accumulation of imbalanced charges on objects results from— “*electrons loving to jump all over the place!*”⁸

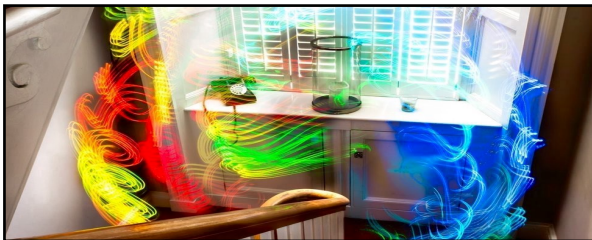
Static electricity also is what gives you the shock when you touch a doorknob. The excess electrons want to jump from you to the knob.

⁸ Why Do I Get an Electric Shock? <http://kidshealth.org/en/kids/electric-shock.html>



If you shuffle your feet across a carpet and then touch something made of metal you get the same type of electrical shock. This is the result of the quick movement of negative and positive electrons. You can think of the shock as a river of millions of electrons flying through the air.⁹ Energy and electrons impact everything we do. We are transmitters and receivers of electrons interacting and reacting with us all the time.

Another way to explain that electrons are interacting with your everyday life is to show the waves of energy emanating from Wi-Fi networks.



⁹ Ibid

Electrons Can Be Manipulated

You may ask why is it important to understand how to manipulate electrons. As previously discussed, though your body appears to be solid, it is a field of energy. This field of energy extends outward from your visible body. This energy is known as your auric field. Life experiences can create congestion or depletion in your auric field.

A treatment modality, called Pranic Healing, taught throughout the world and used in my practice, can create a dramatic shift and movement of the flow of electrons in the auric field. The auric field can be expanded to allow a person's energy to release resistance, expand, and flow with less resistance. Without ever touching a client, I am able to increase the auric field surrounding the clients' body from a few inches to a few feet by using a crystal and the sweeping actions of my hands. This energy in their auric field can be described as the body's healing energy. By allowing it to move freely, self-healing mechanisms are activated. Some therapists also are able to see this auric field energy.

Understanding that electrons can be manipulated enables you to have control over the energy you both receive and create and how it impacts your health. This

also highlights the importance of who and what you focus on in your life.

If you want to see electrons in action, try using a soda can, PVC pipe, and a cloth to build up the electrons coming from the PVC pipe. You can pull or push the soda can by pure energy without any physical contact.



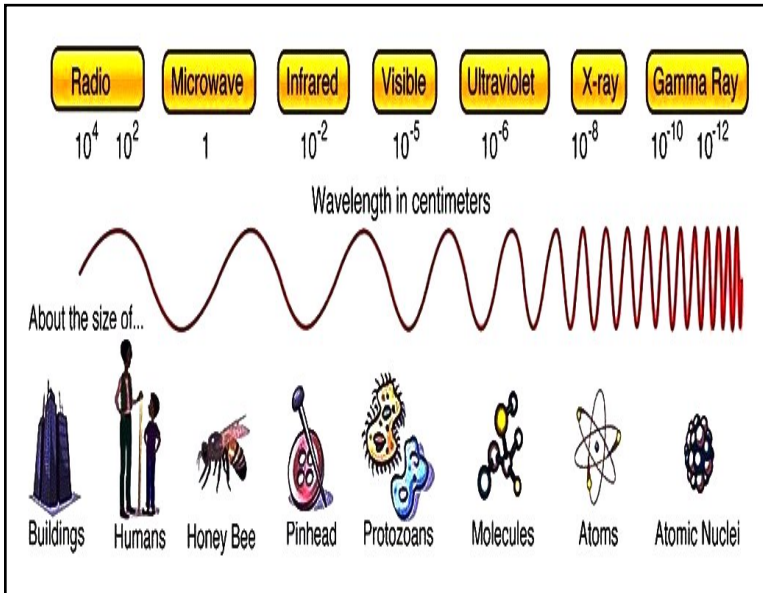
Also by rubbing a piece of cloth along the PVC pipe, you can get light plastic bags to float above the pipe.¹⁰ You can manipulate the flow of electrons around you.

¹⁰ Awesome Science Tricks Using Static Electricity <https://www.youtube.com/watch?v=ViZNgU-Yt-Y> To better understand static electricity go to: Static Electricity Learn about Static Charge & Static Shock by Science Made Simple <http://www.sciencemadesimple.com/static.html>



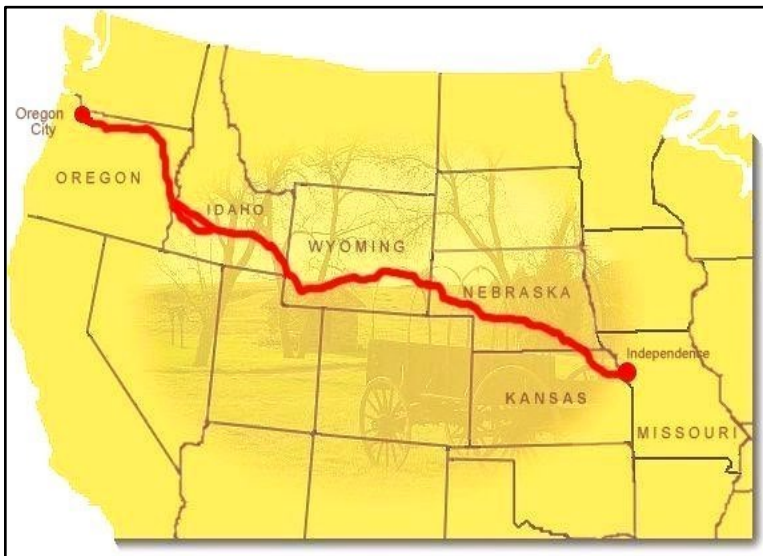
Filled with intelligent information, the electrical fields in and around you, are invisible to you. You do not notice the information in the radio waves moving around you until you turn on your cell phone or dial a radio into a certain frequency. A vast portion of your reality and the electromagnetic spectrum is never seen nor felt.

Think about this. As the chart below explains, the visible spectrum of light—what you can see—is a very small part of the entire electromagnetic spectrum.



Electromagnetic Spectrum

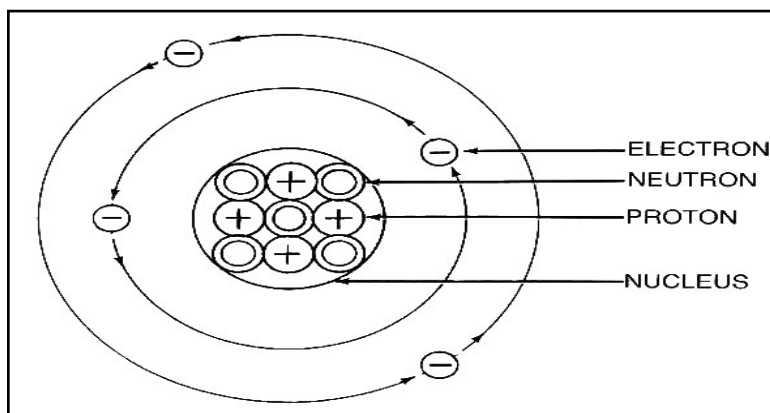
The visible spectrum of light you are aware of is comparable to approximately two inches out of 2500 miles as depicted in this map.



When it comes to hearing, you can only hear between 20 Hz — 20,000 Hz, while dogs can hear above 20,000Hz and whales can hear below 20Hz. When you are quiet and paying attention to the invisible electrical fields of the entire electromagnetic spectrum, you open your opportunities to work with the broader spectrum. Many of your feelings and emotions are generated by your encounters with this broad spectrum of electrical fields around you emanating from people and situations.

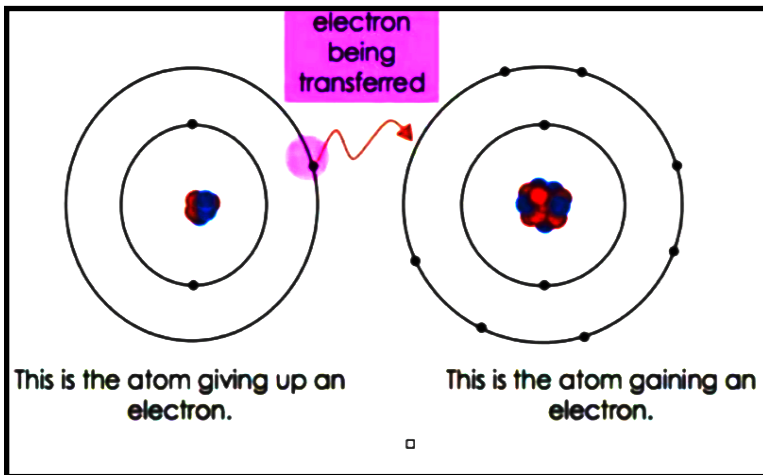
Evidence That You are Primarily Electrical Fields of Energy

Your body consists of nine major systems: circulatory, digestive, endocrine, muscular, nervous, respiratory, reproductive, skeletal, and urinary. These systems are made up of tissues and organs. These tissues and organs are made of cells which are made of molecules which are made of atoms. Sounds confusing, doesn't it.



These atoms are made up of protons, neutrons and electrons which have electrical charges. Protons have a positive charge, while neutrons have a neutral charge, and electrons have a negative charge. When

these charges are out of balance, an atom becomes either positively or negatively charged. The switch between one type of charge and the other allows electrons to flow from one atom to another.



This flow and transfer of electrons creates the electricity which enables your electrical signals to perform nearly instantaneous responses. It is because of this flow and transfer of electrically charged atoms that everything you see, feel, hear, touch, and eat is quickly translated into electrical signals which is why you are able to effectively think, move, and use your senses.

You have seven octillion electrically charged atoms in your body. To put this in perspective, imagine

a single atom is the size of the Cambridge University courtyard. If the courtyard is the size of an atom, then the size of its nucleus will be one millimeter in diameter, which is smaller than a grain of sand.

“Atoms are essentially empty space,” said renowned physicist and astrophysicist Dr. Malcolm Longair of Cambridge University. Dr. Michio Kaku, physicist, from City College of New York explains:

But if you are mostly empty space, how do you reconcile with the fact your hands do not go through each other? The reason is that while the space is empty, it is filled with electric fields of energy. When the electrons come within a very small distance of each other, they begin to repel each other, and that’s why things appear to be solid when they are not. You may think you sit on a chair, but you actually hover over the chair because the electrons of your body are repelling the electrons of the chair.¹¹

Brian Clegg in the article, “20 Amazing Facts about the Human Body,” provides another perspective of why we don’t just collapse if we are empty space. Despite there being so many atoms making up empty

¹¹ The Space between Atoms at <http://youtu.be/kypne21A0R4>

space, without that space, your body would fit into a cube less than 1/500th of a centimeter of each side.¹²

Every second, your flow of electrons are contributing to the creation of approximately 100,000 chemical reactions in every one of your cells. To highlight the scope and complexity of the movement of electrons in your body, science is revealing that pain, movement, healing, regeneration, and brain functions are all electrically driven.¹³ Accepting that you have 70-100 trillion cells in your body, you can imagine the importance of having an open and unrestricted flow of energy¹⁴ Acting with an understanding of the genius capabilities of your body will help you to *Turn On Your Energy* and thrive.

¹² 20 amazing facts about the human body, by Brian Clegg <https://www.theguardian.com/science/2013/jan/27/20-human-body-facts-science>

¹³ The Body Electric by David Suzuki October 2007 issue of Skin Inc. magazine <http://www.skininc.com/skinscience/physiology/17969919.html>

¹⁴ The Four Pillars of Healing by Dr. Joe Dispenza http://www.drjoedispenza.com/index.php?page_id=the_four_pillars

Electrons React to Thoughts, Feelings, and Emotions

Western science, based on the assumption that everything is separate from everything else, is a false assumption. As a result, every day you are bombarded with scientists, people, and especially the news media who operate under the assumption that things in your world happen independently of each other. This affects you. You may not realize your beliefs, emotions, feelings, and thoughts communicate powerful electrical signals

The body's electrical state is modulated by thoughts, feelings, and emotions. Emotions are not simply chemicals in the brain. They are electrochemical signals affecting the chemistry and electricity of every cell in the body.¹⁵ Your thoughts, feelings, and emotions are coded into electrons inside your body and either electrically increase or diminish your energy.

Your thoughts, feelings, and emotions either facilitate or restrict the flow of electrons in and through your body. For instance, negative thoughts, feelings,

¹⁵ The Physics of Emotion: Candace Pert on Feeling Go(o)d by Joshua Freedman <http://www.6seconds.org/2007/01/26/the-physics-of-emotion-candace-pert-on-feeling-good/>

and emotions, repeated over and over in the body, can impede a person’s flow of energy.

Your choices create electrical signals that either donate or steal electrons which increase or decrease the flow of electrons in your body. In other words, you can learn how to shift your electrical fields of energy by changing how you feel about anything.

Donates Elec- trons	Steals Electrons
Feels apprecia- tive	Often unhappy
Regularly volun- teers	Lonely
Stretching and exercise routine	Lethargic lifestyle - rarely exercises
Eats primarily plant based foods - alkaline	Eats primarily processed foods - acidic
Spends most of time outdoors	Most of time in- doors
Calm and at ease - rarely upset	Regularly stressed
Gets plenty of sleep	Sleep deprived

Tends to believe positively	Tends to expect bad outcomes
Tends to accept and allow “what is”	Tends to be resistant to “what is”
Walks and rides a bicycle often	Uses car mostly
Friends are fun and positive	Friends are cold and disagreeable
Adventuresome - tries new things	Unadventurous
Goes with the flow	Often fearful
Feels connected	Feels separate
Forgiving and compassionate	Retaliate, vengeful
Generous	Hoarder
Takes responsibility	Blames
Takes ownership	Feels like a victim
Lives in present moment	Worries about past and future
Self love	Self hatred

I am sure you have experienced the power emotional energy can have on your body. As thoughts develop, whether they are positive or negative, a network of electrons branches out and wire together. Dr. Candace B. Pert, author of *Molecules of Emotion*, writes about unprocessed emotions becoming stuck energy and affecting a person's entire electrical system.

Negative emotions can interfere with the natural flow of energy existing in your body and begin to manifest into physical or emotional issues.¹⁶ Finding positive meaning within current circumstances and regularly experiencing relaxation are effective means to increase positive electrical circuits and connections.

“A person's expectations of improvement stimulate production of dopamine (the reward hormone) and opioids (the pleasure and pain-relieving hormones) and a cascade of other neurotransmitters in the parts of the brain that receive information, process it, and influence emotions. Positron emission tomography scans, light up the parts of the brain that are most active, and show a positive expectation influences the production of dopamine and opioids.... That

¹⁶ How Does the Emotion Code work? by Dr. Brad Nelson <https://www.healerslibrary.com/news/articles/emotion-code-work/>

is strong medicine from a mere thought — an expectation.”¹⁷

The healing power of a person’s positive expectations is evident in the case of Mr. Wright, as reported in the *Journal-Scientific American Mind*.

There was little doubt among the doctors who were seeing Wright, at a well-known clinic, he had little time left to live. He was suffering with a type of lymphosarcoma that had spread throughout his body. The tumors in his neck, groin, and abdomen were the size of oranges, and radiation treatments would no longer shrink them. He was weak and using an oxygen mask. His doctors, agreeing that treatment options had run out, were ready to provide palliative care.

But Wright seemed to have lucky timing. As doctors were conferring about his imminent end, a new drug came on the market, a chemical derived from a horse serum. Enthusiasm about the drug, known as Krebiozen, was rampant. Newspapers reported it as a miraculous cancer cure. Wright read the account and found out the clinic where he was being treated was one of

¹⁷ The Compassionate Connection by David Rakel p. 49 How Placebos Change the Brain, *Neuropsychopharmacology* 36, no. 1 (2011); 339-54

the few test sites for the drug. He wanted to join the study. His doctor didn't believe Wright, who seemed unlikely to live for more than two weeks, would qualify for the drug trial, which stipulated at least a three-month life expectancy. But Wright was absolutely certain the miracle drug would make a difference and begged to receive it.

Wright received his first injections of Krebiozen on a Friday. His doctor returned on Monday to find Wright not only in excellent spirits and chatting energetically with the hospital staff, but his tumors were shrinking. Astounded, his doctor proceeded to give Wright the full course of treatment. Within ten days, Wright no longer appeared to be dying. He was breathing on his own and was so full of energy he was discharged from the hospital.

Unfortunately, over the course of the next two months, conflicting reports about the effectiveness of Krebiozen began to appear in newspapers. Many challenged the original research, and new information appeared that the drug was a sham. Wright, who'd kept up with the reports, was devastated by the news. He relapsed after two healthy months and returned to the hospital.

Today's ethics standards would never permit what happened next, but the doctor, having nothing more to offer his patient, told Wright that a new, double-strength preparation of the drug was arriving at the hospital, and Wright was eligible to receive it. Even though he gave Wright nothing but fresh water injections, the doctor gave every indication he was hopeful about the enhanced Krebiozen.

Wright's enthusiasm returned, and the results were even more astounding. The tumors shrank again, his energy returned, and he was again discharged from the hospital. In fact, his health lasted two more months — until a definitive medical report appeared from the American Medical Association, stating Krebiozen was a “worthless” drug. Within a week of reading the public report, Wright was re-hospitalized and died two days later.¹⁸

Wright demonstrated the interconnectedness of his thoughts, feelings, and emotions and the power of his cells to transform his body. His enthusiasm for the drug and his confidence and expectations for a positive

¹⁸ The Compassionate Connection by David Rakel pp. 32-34. Bruno Klopfer, “Psychological Variables in Human Cancer,” *Journal of Projective Techniques*, no. 21 (1957): 331-40.

outcome created free flowing energy. As Mr. Wright demonstrated: Is it possible there can be no difference between something you vividly imagine and something you experience? This concept is further explored in my book, *The Energy To Thrive*.

Volunteering is a pure expression of abundance, appreciation, and generosity and is another example of your thoughts interacting with your body's genius capabilities to heal. It produces feeling which are electrically charged through an effortlessly flowing sense of acceptance, compassion, connectedness, and ease. Donating and volunteering are indicators of: an excess of electrons or energy; an unrestricted flow of electrons; and how effectively you are *Turning On Your Energy*. The feeling of abundance is an indicator you have more than enough electrical energy to donate. Numerous studies reveal feeling loved and cared for, along with caring for others, plays a greater role in increasing your health and longevity than physical factors such as age, blood pressure, cholesterol, or smoking.¹⁹

Doc Lew Childre, in his book *Freeze Frame*, uses an electrocardiogram analysis to show emotions such as love, care, and compassion have positive effects

¹⁹ HeartMath Solution by Doc Childre p.15

while, hostility, frustration, worry, and anxiety, adversely affect the electrical patterns of the heart. ²⁰

If you want to experience the benefits of acting as if we are all connected, volunteer, smile, talk to strangers, give hugs, and frequently find opportunities to touch others. Use the power of these actions to create your health and well-being. When you feel you are interconnected to everything you are more likely to feel acceptance, appreciation, and relaxation instead of struggle, fear, or stress. Every time you appreciate or feel good about something you create positive electrical fields of energy which generates and attracts more.

Whether you are angry, happy, or sad, your electrons hold information ²¹ that are sent throughout your cells, into your relationships, and into the world. This is why you can often sense someone's emotions, even from a distance. The energy in your environment is infused with electrical frequencies carrying coded electrons charged with feelings and thoughts. You can feel the difference between walking into a room full of happy people — filled with excess electrons being do-

²⁰ Freeze Frame by Doc Childre p. 35

²¹ Advanced Chakra Healing by Cyndi Dale p. 70

nated, versus walking into a room with angry people without an adequate supply of electrons.²²

Another way to explain the connection between emotions and the flow of electrons comes from June Gruber, professor of Psychology, at the University of Colorado, who explains the concept of emotion contagion. She states,

Emotions are contagious. They rapidly, frequently, and automatically transmit from one person to the next. Whether it is mind-boggling awe when watching the supermoon display its lunar prowess, or pangs of anger observing palpable racial injustice, one feature remains salient: We can and often do “catch” the emotions of others.²³

A person may also experience emotional contagion from watching a movie. “After a group of 132 college students watched a film of Mother Teresa ministering to abandoned, dying children and lepers, the students’ immune function (as measured by the level of

²² Our Thoughts And Feelings Affect Our Environment by Ozodi Osuji Ph.D <http://chatafrik.com/articles/psychology/our-thoughts-and-feelings-affect-our-environment#.Whxzv7bMwiU>

²³ This Idea is Brilliant by John Brockman pp. 473-4 Emotion Contagion by June Gruber

antibodies in their saliva) improved and stayed at an elevated level for at least an hour.”²⁴

The concept of interconnectedness and entanglement provides another possible link between your emotions and the flow of electrons between people. It describes a world more interconnected and less linear than you may have ever thought possible. According to an article in Phys.org: “Entanglement is one of the strangest phenomena predicted by quantum mechanics. It says two particles can be so inextricably connected that the state of one particle can instantly influence the state of the other, no matter how far apart they are.”²⁵ Entanglement occurs when two particles, even though separated, behave as if they are one object. They can be connected even though they are half a world apart—they are entangled.²⁶ You will find more in-depth

²⁴ David C. McClellan and Carol Kirshnit, “The Effect of Motivational Arousal through Films on Salivary Immunoglobulin A,” *Psychology & Health* 2, no. 1 (1988): 31-52. The Compassionate Connection by David Rakel p.59

²⁵Quantum entanglement achieved at room temperature in semiconductor wafers <http://phys.org/news/2015-11-quantum-entanglement-room-temperature-semiconductor.html>

²⁶China Shatters “Spooky Action at a Distance” Record, Preps for Quantum Internet by Lee Billings <https://www.scientificamerican.com/article/china-shatters-ldquo-spooky-action-at-a-distance-rdquo-record-preps-for-quantum-internet/>

discussions of entanglement and your electrical body
in my book, *The Energy To Thrive*.

Manipulating Electrons to Feel Your Personal Energy

Learning to manipulate the flow of your electrical fields and electrons can lead you to a state where emotional wounds are healed and the physical manifestations of disease or imbalance are seen as messages. Listen to your body.

There are many ways to engage your personal energy. Maybe the most effective way to balance and increase the flow of electrons in and through your body is to create a relaxation response. In my book, *The Energy To Thrive*, I provide many in-depth explanations of how the relaxation response changes the flow of your electrical energy and is an integral part of rejuvenating and healing your body.

To increase your sensitivity for feeling the flow of electrons, experiment with the following ideas and exercises designed to relax and stimulate your body's electrical circuits.²⁷ Optimally, do these two exercises while standing barefoot on the earth.

Try relaxing your tongue. It inhibits your self-talk. This can be an effective technique for quieting judgmental mind chatter in your head. To do this, let

²⁷ For a list of hands-on energy healing studies published in peer-reviewed scientific journals, go to niih.org.

your mouth hang open slightly and relax your tongue, especially the back of your tongue. Sense your tongue as if it is floating in your mouth. Try it for a minute or two.

Connecting Heaven and Earth is an exercise that will get your energy flowing in preparation for experiencing the next exercise.



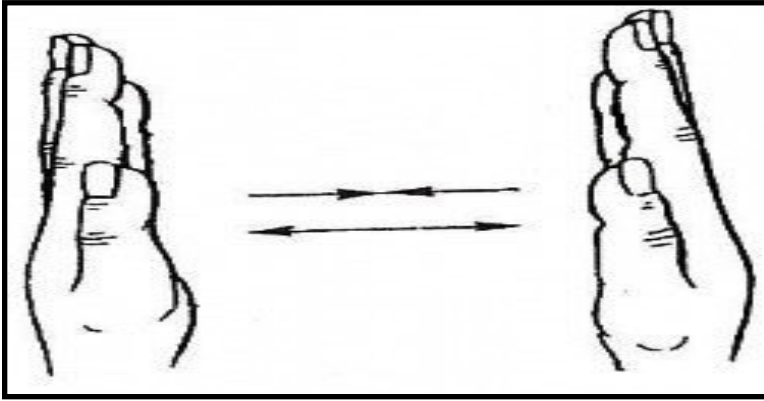
Take a deep breath, then with a deep inhalation through your nose, slowly stretch one arm high above your head. Flatten your hand, as if pushing something above you toward heaven. Stretch the other arm down, again flattening your hand, as if pushing something

toward the Earth. Slowly stretch into this position. Repeat, switching the arm that raises and the arm that lowers. Do one or more additional lift on each side.²⁸ Or watch the Connecting Heaven and Earth exercise video at: <https://www.youtube.com/watch?v=9Ocn-jqlqsMQ>

The following exercise will allow you to feel your electrons repel each other in the same manner electrons repelled each other in the examples of static electricity.

- While *continuing* to relax your tongue, close your eyes and take a few deep breaths to relax your mind and body. Rub the palms of your hands briskly together for 15-30 seconds.
- Sit or stand with your back straight. Relax your wrists, fingers, and shoulders and tap the tips of your fingers together for about 15 seconds like you're trying to wake them up
- Hold the palms of your hands facing each other about 2 inches apart and concentrate on the feelings between your palms.

²⁸ The Pocket Guide to 108 Yoga Poses by Ami Jayaprada Hirschstein Alpha 2006

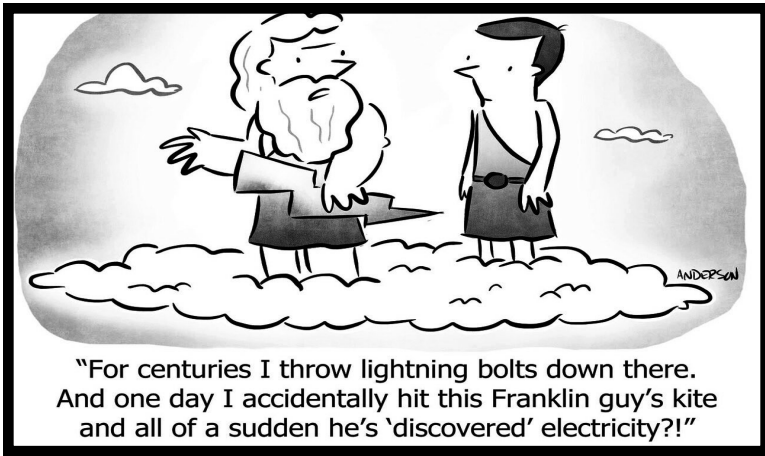


- Perform short and slow movements of the palms around their position, keeping them facing each other. For example, make small circles (1 inch) with your right palm. Or move both palms in circles. When you do this you may begin to feel sensations in your palms. You may feel tingling in your palm or fingertips, a feeling of warmth, slight pressure, or a sense of magnetic repulsion. Imagine your palms are two magnets pushing away from each other, with the center of the force on the insides of your palms. Try moving your palms closer and further from each other in slow movements.

Learning to harness energy through your emotions, imagination and touch can empower you for the rest of your life.

This energy and these frequencies can be harnessed to harmonize and balance the vast interactions between every cell throughout your body. You can experiment and play with manipulating this energy between your hands. If you take a minute or two to be still in a quiet setting, and think of something or someone that brings a smile to your face, you may be able to feel changes in the flow of energy between your hands. Everyone will react differently. Be open to sensations you feel such as: a tingling sensation, or a feeling of expansion. Use your imagination or your hands to place this energy somewhere in or on your body where it feels needed. Similar to the invisible and vast electromagnetic spectrum, know that this energy moving in and through you is in abundance.

The more you connect to the idea you control the flow of your electrons the better your health will be, and you will begin to thrive. The body's electrical communication system is incredibly complicated but you can manipulate it. Cells send the electrical signals and information that flow up and down nerves to your tissues and organs. These impulses activate signals and messages that enable bodily functions. The health and performance of the human body is reliant upon the free and unrestricted flow of electrical energy.



Energy feels different to different people. How did it feel? Could you feel tingling, buzzing, pleasant pressure, heat, cool, or something else.? What did you learn? How does this relate to discovering and using the invisible electrical energies flowing in, through, and around you?

The Power of Touch

Touch is one of your most powerful and important functions. Remember the flow and transfer of electrons is what powers your body. Touch opens, shifts, and transfers the flow of electrons and electricity in and through your body.

It is as important as food and security.

Your hands are magical instruments. A single finger can support your entire body weight if you are an experienced climber. Concert pianists or surgeons use their hands with great finesse. Your touch gives you a powerful grip but also allows you to manipulate small objects with great precision.

Touch is a powerful way to maximize your flow of electrons and electrical energy . It is like electrical food. When you were a kid, did you ever walk around in your socks, rubbing them on a carpet repeatedly so you could sneak up to your sibling and shock them? You could feel the large quantity of electrons passing between the two of you that caused the shock. Electrons are always flowing one way or another when you touch yourself, someone else, or they touch you.

Scientific instruments are able to measure the relaxation and healing responses created from many forms of touch. For instance, studies show premature

newborns respond to touch therapy. A study found infants who received three fifteen-minute sessions a day, for five to ten days, gained 47 percent more weight than premature infants who received standard medical treatment. These infants did not eat any more than the others. Yet, simple touch dramatically changed the infants' growth rate.²⁹ The experiences of these infants demonstrated the power of touch.

There are many ways human touch can facilitate the flow of energy and electrons in and through your body and impact your body's amazingly complex cellular activity and self-repair processes. For instance, when two people hug each other, there is obviously an emotional element involved and there is also an element of physics. The person with the lowest voltage will receive a donation of electrons from the person with higher voltage. As they continue to hug, their voltage will begin to match each other's. This process occurs when any two living things touch.

People who embrace comfort dogs know this. When feeling down and they touch their pet, the pet

²⁹ The Experience of Touch: Research Points to a Critical Role by Daniel Goleman <http://www.nytimes.com/1988/02/02/science/the-experience-of-touch-research-points-to-a-critical-role.html?pagewanted=all>

will donate excess electrons to them.³⁰ The therapeutic benefits of owning and connecting with pets is well documented. And, “The benefits of dog therapy programs in schools have been well documented through research.”³¹

We all know holding hands with another human being is a simple act that can stir an instant intimacy, provide a feeling of safety, heighten our awareness, and express a deep connection. But quantifying the power of touch can be challenging for researchers. But an unsettling episode in Romania offered scientists insights into what can happen when children are denied the nurturing effects that touch provides.

Charles Nelson, professor of pediatrics at Harvard Medical School and author of the book, *Romania's Abandoned Children: Deprivation, Brain Development, and the Struggle for Recovery*, led a study measuring the developmental progress of hundreds of children raised in poorly run Romanian orphanages. These children had endured years without being held, nuzzled, or hugged according to a *Harvard Gazette* re-

³⁰ Healing is Voltage by Jerry Tennant, MD. p. 56

³¹ Bringing Therapy Dogs to Your School http://charlotteslitter.org/wp-content/uploads/2014/09/Educator_Resource.pdf

port. Many of the children had physical problems and stunted growth, despite receiving proper nutrition.³²

Human touch is such a powerful healer because you “donate” some of your electrons/electricity to someone who is in worse physical condition than you (such as someone in pain, or with an inflammatory process going on) you are supporting them in many ways. Your electrical fields are responsive to the electrons flowing from your touch

Medical studies reveal the healing power of physical touch to:

- reduce pain³³
- prolong pain free intervals (even in critically ill patients)³⁴
- calm brain activity during distress³⁵

³² The Science Behind The Profound Power Of Holding Hands https://www.huffingtonpost.com/entry/power-of-holding-hands_us_57435a8be4b00e09e89fc162

³³ Brain-to-brain coupling during handholding is associated with pain reduction Pavel Goldstein, Irit Weissman-Fogel, Guillaume Dumas, and Simone G. Shamay-Tsoory PNAS March 13, 2018 115 (11) E2528-E2537; first published February 26, 2018 <https://doi.org/10.1073/pnas.1703643115>

³⁴ Does Hand Massage Have Sustained Effects on Pain Intensity and Pain-Related Interference in the Cardiac Surgery Critically Ill? A Randomized Controlled Trial. Pain Manag Nurs. 2019 May 15.

³⁵ Lending a hand: social regulation of the neural response to threat. Coan JA1, Schaefer HS, Davidson RJ *Psychol Sci*. 2006 Dec;17(12):1032-9.

- lower heart rate and blood pressure ³⁶
- calm respiratory rate ^{37 38}

Touch impacts the many ways your electrical energy pulses, flows, changes, and contains information in response to what is occurring in your daily life.

For a more in-depth exploration of improving your health through touch check out the following websites:

- Hanna Kroeger's Healing Tips—http://www.pacificholistic.com/Hanna_Kroeger
- Flows For Life Jin Shin Jyutsu — <http://www.flowsforlife.com/jin-shin-jyutsu/jin-shin-jyutsu-how-to/>
- Five Minute Energy Routine by Donna Eden — http://consciousgenes.com/wp-content/uploads/Genie_In_Your_Genes_Exercise_7.pdf
- Michael Reed Gach at: <https://acupressure.com>

³⁶ Ibid.

³⁷ The role of touch in regulating inter-partner physiological coupling during empathy for pain. Pavel Goldstein, Irit Weissman-Fogel & Simone G. Shamay-Tsoory *Scientific Reports* 7, Article number: 3252 (2017)

³⁸ The Healing Power Of Grounded Touch by Dr. Laura Koniver June 3rd, 2019 <https://www.intuition-physician.com/the-healing-power-of-grounded-touch/>

Healing Power of Touch in Your Hands

The innate healing power in your hands has been used for centuries. Your cells are very intelligent and they interact with the large number of electrical sensors, nerves, and cells in one square inch of skin.

■ 1 square inch of skin contains...

- 500 sweat glands
- 1000 nerve endings
- yards of vessels
- 100 oil glands
- 150 pressure sensors
- 75 heat sensors
- 10 cold sensors
- millions of cells



The skin is your largest organ. Its nerve endings, sensors, and pressure receptors are electrical pathways, which can be activated through touch. These connections and interactions between your skin and your cells makes touch a powerful way to shift the flow of your electrical energy.

For instance, you can tap into this flow of energy by holding each of your fingers, one at a time. The energy, that supports each specific organ, flows through a corresponding finger.³⁹ You can also experiment with holding a finger that corresponds to an emotion (which, will facilitate, not eliminate, your dealing with that emotion). Holding a finger stimulates and opens up your electrical streams of: electrons, frequencies, pulses, and vibrations that are changing, shifting, and adapting to your everyday life. Holding your thumb can facilitate your dealing with the electrical energies related to the stomach, spleen, and the emotions of worry.

Hold a finger until you feel any kind of change or energetic shift such as pressures, textures, and pulsations. These are palpable signs energy pathways are shifting or opening up. You can hold a finger anywhere and at any time that your hands are free. For best results, sit comfortably and close your eyes. You may feel something different within a short period of time, or it may take longer; each person is different.

As this chart shows, holding a finger connects and opens up specific electrical energy pathways that

³⁹ The Power of Holding the Thumbs and Fingers Prepared by Astrid Kauffmann ® www.flowsforlife.com Jin Shin Jyutsu Practitioner and Self Help Teacher

support and regulate your organs and primary emotions.,



Choose a finger to hold - experiment and play with it. For instance, first place your attention on what the finger feels like, e.g., pulsations: loud or soft texture, gurgling, gummy, or solid. Then place an intention related to why you chose this finger.

For more information and ideas on how to use touch to improve the flow of your electrical energy, go to: <https://www.flowsforlife.com> for a JIN SHIN JYUT-SU Hands-on Self Help guide to get started with 15 pages of useful Jin Shin Jyutsu exercises.

Or, go to: <https://www.flowsforlife.com/resources/category-index/> for a Jin Shin Jyutsu Category Index Search by A-Z of Ailments For more information on the many ways holding one of your fingers can balance and harmonize the flow of your electrical energy moving through your body, go to: The Jin Shin Jyutsu practice of holding the fingers at — <https://balanceflow.com/the-jin-shin-jyutsu-practice-of-holding-the-fingers/>

There are many ways to use your hands to help yourself or someone else. For instance you can “google”/search the term — acupressure — for a symptom you have.

As you become more sensitive to the electrical energy you possess you will be able to evaluate situations you encounter in terms of feelings, emotions, pressures, textures, and pulsations instead of judging them. Instead of looking at things and people as good or bad, you will focus on whether they promote a freedom and a sense of ease to the flow of energy into your life. Accessing an easy, free, effortless or meditative flow of

energy requires you to minimize: judgments, labels, comparisons, justifications, and critical thoughts.

Therapists and healers, such as myself, have been using their hands to improve the flow of cellular communications and electrical signals, on and through the body, for years. Many light touch therapies are able to stimulate the flow of electrons whereby the electrical energy in and around a person is transformed. I have been trained to electrically connect and interact with my clients using many different therapies. These therapies are used to expand the flow of electrons in and around the body.

Through my training in Visceral Manipulation, I was taught how every gland, organ, and sphincter in the body has a range of electrical motion that can be felt. Without touching a person's body, this therapy enables me to feel, change, and correct a distorted range of motion in a gland, organ, or sphincter.

Lymphatic Drainage therapy taught me to feel and correct the rhythmic movement between any two bones that are adjacent to a joint. Every one of your bones has a coordinated rhythm and motion with the bone adjacent to it, and it can be felt and manipulated.

The rhythmic movement of a person's cranial bones can be manipulated through Craniosacral Therapy using light touch—less than the weight of a nickel.

A form of acupressure, called Jin Shin Jyutsu, is also a light touch therapy. It uses points on the body to release restrictions in the flow of energy. These therapies are taught and practiced throughout the world by many M.D.'s, nurses, and therapists.

You too have the power in your hands to manipulate the flow of electrons. When you need to draw out, *open up*, or bring something to the surface simply place your right hand on top of your left hand. Hold it over the desired area. It is effective for symptoms such as boils, bruises, insect bites, or splinters.



To stop bleeding, treat a burn, or close off and seal a wound do the opposite. Hold your left hand on top of your right hand and place it over the desired area.

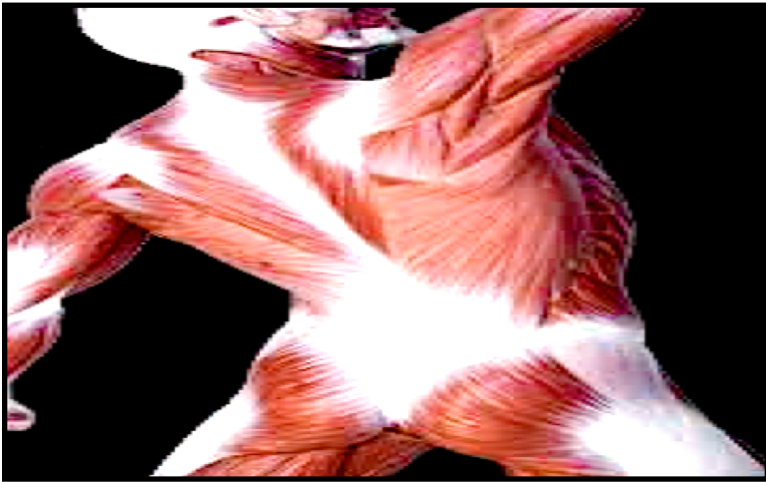
In addition, reflexologists believe there is a "map" of the human body on your hands and feet. Every part of the body, including your organs, matches a corresponding reflex point on your hand or foot. Applying pressure to these reflex points stimulates nerve impulses traveling to the corresponding body area. These impulses help produce a relaxation response. As muscles relax, blood vessels open, increasing circulation, which increases the amount of available oxygen and nutrients that get to cells in that part of the body.⁴⁰

Your touch can create powerful medicine which can enable you to actively participate in your own healing and well-being.

⁴⁰ How to Apply Reflexology to the Hands <https://www.wikihow.com/Apply-Reflexology-to-the-Hands>

Flexibility and the Flow of Electrical Energy

Your body is filled with connective tissue, a major conduit for the flow of electrons in your body. Also referred to as fascia, your connective tissue acts as a communication network carrying bioelectronic signals among all parts of your body.⁴¹ It transports fluids, interconnects, supports, and surrounds other tissues; stores energy reserves; and defends the body from invasion.⁴²



⁴¹ Mosby's Fundamentals of Therapeutic Massage by Sandy Fritz p. 190 Elsevier 2012

⁴² Classification and function of connective tissue <https://quizlet.com/9486734/classification-and-function-of-connective-tissue-flash-cards/>

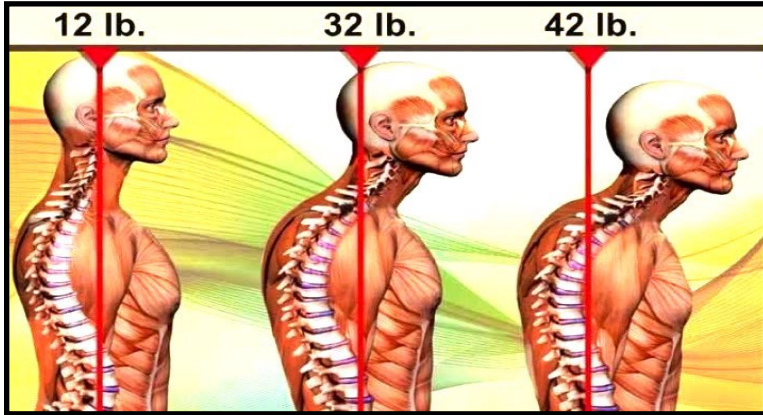
Being limber and flexible is a major component in increasing the flow of electrical energy in and through your body.

Joseph Chilton Pearce provides a further explanation of how your connective tissue acts as a conduit to the flow of electrical energy in your body:

Every part of your body is in communication with every other part through a dynamic, tunable, responsive, liquid crystalline medium pervading the whole body, from organs and tissues to the interior of every cell. Liquid crystallinity gives organisms their characteristic flexibility, exquisite sensitivity, and responsiveness, thus optimizing the rapid intercommunication that enables the organism to function as a coherent whole.⁴³

When connective tissue is not pliable — often caused by stress, trauma, poor posture, or lack of exercise — it inhibits the free flow of electrical energy through your connective tissue and between your cells. The figure below depicts an example of poor posture and the extent it can restrict the flow of electrical energy through the connective tissue network and the muscles of your neck.

⁴³ The Biology of Transcendence by Joseph Pearce p. 75



It has been reported: “for every inch of Forward Head Posture, it can increase the weight of the head on the spine by an additional 10 pounds.”⁴⁴ This causes the neck muscles to become tightened and restricted as a result of carrying the extra weight of the head. You can manipulate and increase the flow of electrical energy through stretching and inversion.

The importance of keeping your connective tissue network flexible and pliable is highlighted by the following quote from John Barnes, founder of Myofascial Release: As fascial sheaths in the body are “glued” together as a result of injury, trauma, lack of

⁴⁴ 42 Pound Head “For every inch of Forward Head Posture, it can increase the weight of the head on the spine by an additional 10 pounds.” Kapandji, Physiology of Joints, Vol. 3 <http://erikdalton.com/media/42lb-head/>

stretching, or dysfunction, they become unyielding. Restricted fascia has the tensile strength of 2,000 pounds per square inch. That's two full-grown horses standing on the nerves that innervate the muscle. It's crushing our cells. And it pulls structures out of alignment.⁴⁵ Regular stretching is essential to maintaining correct posture.

As with touch, stretching releases tension and relaxes the many electrical sensors and nerves in the skin. These nerve endings, sensors, and pressure receptors are electrical pathways, which can be activated through stretching. Watch this video, *Fascia and Stretching: The Fuzz Speech*. It will help you understand the importance of stretching to increase the flow of your electrical energy. The fuzz is the part of connective tissue that can become solidified. You feel stiff in the morning because the fuzz becomes solidified. Stretching helps to melt the fuzz. Gil Hedley: *Fascia and Stretching: The Fuzz Speech* https://www.youtube.com/watch?v=_FtSP-tkSug

When connective tissue is not pliable — often caused by stress, trauma, poor posture, or lack of stretching and exercise — it inhibits the free flow of

⁴⁵ Associated Bodywork & Massage Professionals magazine article: Addressing Fascia with Myofascial Release — A Conversation with John Barnes September/October 2016 <https://www.abmp.com/textonlymags/article.php?article=1579>

electrical energy through your connective tissue and between your cells. As the Fuzz Speech demonstrated, the flow of electrical energy through your connective tissue can become “glued” together as a result of injury, trauma, lack of stretching, or dysfunction. It can crush your cells and pull structures out of alignment. The next time you see someone exercising, running or riding a bike, or stretching you will know they are releasing the fuzz to open up the flow of their electrical energy throughout their connective tissue. Since stretching opens the flow of your electrical energy through your connective tissue it is one of the most effective ways to create relaxation.

Your connective tissue needs to be pliable and flexible to counter gravity’s compressive impact on your connective tissue. The average person’s height can fluctuate up to 3/4 inch between the time they wake up and the time they go to bed, due to connective tissue compression.⁴⁶ Spinal compression is a result of gravity, a potent physical influence in any human life.⁴⁷ For instance, NASA astronaut Scott Kelly returned to Earth approximately two inches taller after

⁴⁶ Effects of Gravity on the body http://www.evolutionhealth.com/Inversion_Therapy/Gravity_Inversion.html

⁴⁷ Energy Medicine-The Scientific Basis by James Oschmann p.147 Churchill Livingstone 2000

his epic 340-day journey to the International Space Station.⁴⁸ The lack of gravity enabled his spine and connective tissue to release restrictions, open up, and stretch to full capacity. You can increase the pliability of your connective tissue and avoid body compression by stretching and/or inverting your body.

Unimpeded, your connective tissue is able to effortlessly move electrons, electricity, and energy throughout your body. Remember, flexibility is a function of releasing and relaxing. Therefore, whenever you exercise, take your time, warm up, avoid pain, and remember to breathe and relax.

⁴⁸ Astronaut Scott Kelly was 2 inches taller after his epic year in space <http://www.foxnews.com/science/2016/03/04/astronaut-scott-kelly-was-2-inches-taller-after-his-epic-year-in-space.html>

Foods as Fuel

Raw foods act as electrical fuel for your body. A major purpose of supplying your body with food is so it can be used as electrical energy. Raw foods, are those which have not been cooked, processed, sprayed with pesticide or herbicide, microwaved, irradiated, nor genetically engineered. Raw foods have a higher electrical output than processed foods.

Since your body runs on electricity, when you want to increase your flow of energy, the produce department of your local store is an excellent start. A growing body of research shows a healthy diet is high in fruits, vegetables, whole grains, fish, and unprocessed lean red meat.⁴⁹ A *Prevention* magazine's article, "13 Foods That Fight Stress," explains some foods are calming and soothing because they provide specific nutrients that are a steady, reliable source of energy.⁵⁰

The electrical voltage of a potato can be measured with a voltmeter and has a higher voltage than a baked or frozen potato.

⁴⁹ Foods That Help Battle Depression by Elizabeth Bernstein, Wall Street Journal April 3, 2018 p. A9

⁵⁰ 13 Foods That Fight Stress by Keri Glassman, MS, RD, CDN, *Prevention* magazine, <https://www.prevention.com/mind-body/emotional-health/13-healthy-foods-that-reduce-stress-and-depression>



Raw Foods Have Electricity

Jerry Tennant, MD, explains:

Once we process the food, most of the voltage disappears. We are designed to eat raw and unprocessed foods bringing its own electrons with it. When you eat processed foods, your body must provide electrons from other sources to digest it. ⁵¹

The electrical energy from raw fruits and vegetables is essential to the health of your cells, including your connective tissue, because it increases the amount of electrons available to you. You need an excess of

⁵¹ Healing is Voltage p 56

electrons to thrive. The foods you eat are either electron donors — giving electrons to your body — or they are electron stealers — robbing electrons from your body. Since your body creates millions of new cells every minute, your body needs the benefits of foods that are electron donors instead of electron stealers. Foods that are electron stealers stress your body's ability to nourish and detoxify your cells.

When deciding what to eat consider that cooking foods reduces vitamin content as well as protein and beneficial enzymes.⁵²

⁵² Raw Foods Bible by C. Sommers p. 120

Acid versus Alkaline Foods

The body can be considered a battery-powered electronic device. Each cell is a little battery, and, because pH is a measure of voltage, your cellular pH reflects the strength of your batteries... The pH levels ⁵³ of alkaline foods and acidic food affects the flow of your electrical energy. Acidity in the foods you eat negatively affect your flow of electrical energy. To be healthy, you must keep your batteries fully charged. ⁵⁴

Managing your pH is important because it is measurement of the strength of the electrical signals running through your body. Your cells are designed to function best in a pH level ranging from 7.35 to 7.45 because it provides 20–25 millivolts of electron donors.⁵⁵ Scientists found healthy people have bodily fluids that are slightly alkaline. It is important to note a drop in every point on the pH scale is 10 times more acidic than the previous number.

⁵³ The symbol for the logarithm of the reciprocal of hydrogen ion concentration in gram atoms per liter, used to express the acidity or alkalinity of a solution on a scale of 0 to 14, where less than 7 represents acidity, 7 neutrality, and more than 7 alkalinity.

⁵⁴ The Great American Health Hoax by Raymond Francis p. 63

⁵⁵ How Body Voltage Dictates Health and Disease <https://articles.mercola.com/sites/articles/archive/2017/09/17/body-voltage-dictates-health-and-disease.aspx>

Acidic foods are electron stealers and are considered dead foods. They can be found in processed, packaged, canned, fast foods, white flour, sugar, dairy, meat, caffeinated beverages, diet sodas, sweeteners, and fried foods. Foods saturated with insecticides, growth hormones, or have been genetically modified also steal electrons thereby contributing to lower pH levels.

Previously, the effects of acid versus alkaline foods were not a topic widely discussed. However, new scientific studies explain why acidic foods impact your health. A seven-year study conducted at the University of California, San Francisco, showed those who have chronic acidosis (high acidity) are at greater risk for bone loss than those who have normal pH levels because the body borrows calcium from the bones to balance pH.⁵⁶

Many things can affect body pH throughout the day, besides diet, including stress. One possible way to get an accurate determination of your body's pH would be to measure your urine first thing in the morning for at least one week. As you continue to monitor your pH every morning, a profile, or "moving average," will emerge which will be far more accurate than taking a

⁵⁶ Seven-year study conducted at the University of California, San Francisco — *American Journal of Clinical Nutrition*

single reading. Urine pH can be measured using pH paper, pH indicator liquid (phenol red) or a digital pH meter.

Disease producing organisms thrive when there is too much acid in your body. Acidic blood can block vitamin absorption, create toxic buildup, slow organ function, prevent proper digestion, cause unhealthy weight gain, and speed the aging process. Acidic conditions can cause muscles to constrict and inhibit the exchange of nutrients and waste products in muscle cells.⁵⁷ This is one reason some people get sick. Doctors have found more than 150 degenerative diseases are linked to acidity, including arthritis, cancer, diabetes, gall and kidney stones, heart disease, and many others. Diseases thrive in an acidic, oxygen-poor environment.⁵⁸

Processed and convenience foods are created to optimize ease of consumption, and to have a long shelf life. It may be difficult for people to believe eating processed food is harming us because it is normal for most people. A 2016 study found nearly 60% of the

57 Blood PH Levels and Pain by Jesse Cannone <https://www.losethe-backpain.com/treatments/blood-ph-levels-and-pain/>

58 The Healing Power of Nature Foods: 50 Revitalizing SuperFoods and Lifestyle ... by Susan Smith Jones pp. 84-85

calories consumed in the modern American diet comes from processed foods. 59

Eating sugar-laden, chemically processed, acid producing foods and drinks causes stress to the body. Your body is designed to and will maintain the proper pH of your blood no matter what you do. Your body will rob its own resources and sacrifice everything and anything to do this. It is this stress caused by the body holding your pH solid at 7.365 that causes damage to your body. 60

By eating more alkaline foods, you not only remove this stress but you also give your body the tools it needs to thrive

In the book, *The Acid-Alkaline Lifestyle*, the importance of acid versus alkaline balance is explained:

For decades, physicians and medical researchers used the body's acid-alkaline balance, or pH levels, as a way of determining a patient's overall health status. The problem is that the most accurate and commonly used test used

59 How Highly Processed Foods Liberated 1950s Housewives by Elizabeth L. Maurer <http://www.womenshistory.org/articles/how-highly-processed-foods-liberated-1950s-housewives>

60 This is Why The Alkaline Diet Works – and is SO Effective by Ross Bridgeford <https://liveenergized.com/alkaline-foods-2/alkaline-diet-works/>

to check acid-alkaline balance—the pH blood test—rarely reveals a shift away from a normal pH reading until acute, life-threatening diseases strike. And by then it is often too late to do anything. While a pH blood test may read normal, what the test does not show is what your body may be forced to do to keep it that way as it combats and seeks to compensate for the excess acidity that afflicts the vast majority of us today. Left undetected, this corrosive buildup of acid sets the stage for most of the disease conditions afflicting people today.⁶¹

Another way to think of the acid build up in your body and how it adjusts, is to recall a fable about a frog dropped into a pot of tepid water before it boils. The frog doesn't know it is being boiled until it is too late. This fable's premise is that if a frog is suddenly put into boiling water, it will know it is in danger and jump out. But if the frog is put in tepid water, which is brought slowly to a boil, it will not perceive the danger and will be cooked to death. Over time, your body accepts the stress caused by trying to keep your blood pH

⁶¹ The Acid-Alkaline Lifestyle by Larry Triveri and Neil Raff https://books.google.com/books/about/The_Acid_Alkaline_Lifestyle.html?id=rw3SrQEACAAJ

balanced by robbing its own resources until it is too late.

Dr. Gundry, in his book, *The Plant Paradox*, suggest there are seven additional disruptors stressing your body and slowly making you feel and act like the frog in the fable. These disruptors include: Broad-spectrum antibiotics; Nonsteroidal anti-inflammatory drugs (such as Advil, Motrin, Aleve); Stomach-acid blockers, under the names of (Zantac, Prilosec, Nexium, and Protonix); Artificial Sweeteners; Hormone Disruptors (such as can be found in plastic bottles, metal food cans, detergents, flame retardants, food, toys, cosmetics, and pesticides ... to name a few); Herbicides; Blue light from computers, TV, cell phones, tablets, etc., which adversely effects your sleep patterns. ⁶²

One of the most acidic foods you might want to rethink if you want to not only live, but thrive, is the caffeine in your morning coffee. Caffeine has been shown to increase the risk of insomnia, high blood pressure, irregular heartbeat, elevated blood cholesterol levels, vitamin and mineral depletion, breast lumps, birth defects, and more. Common and severe caffeine withdrawal headaches are caused by: “caf-

⁶² 7 Deadly Disruptors – ‘Healthy’ substances that actually harm you by Dr. Steven Gundry <https://gundrymd.com/deadly-disruptors-plant-paradox/>

feine narrows the blood vessels that surround your brain. When you stop consuming it, they expand again, and that can cause pain.” 63 Having caffeine withdrawal headaches is one of the last things you want to inflict on yourself.

“A combination of high blood pressure and decreased blood flow inside the brain may spur the build-up of harmful plaque and signal the onset of dementia. The brain's blood vessels function as a plumbing system delivering nutrients and oxygen to feed the brain cells, and flushes away any waste the cells cannot use.” 64

You may be sacrificing your health by using diet products, especially diet sodas.. A study led by Matthew Pase of the Boston University School of Medicine found those who consumed diet soda, which is highly acidic, on a daily basis, were three times as likely to develop both stroke and dementia within the next 10 years as compared to those who did not. 65

63 Caffeine and Headaches <https://www.webmd.com/migraines-headaches/guide/triggers-caffeine#>

64 Stiff vessels, low blood flow in the brain forewarn of dementia by Michelle Boston And Emily Gersema, University of Southern California <https://medicalxpress.com/news/2017-06-stiff-vessels-blood-brain-forewarn.html#jCp>

65 Study finds diet soda may raise your risk of stroke and dementia by Maggie Fox <https://www.today.com/health/study-finds-diet-soda-may-raise-your-risk-stroke-dementia-t110639>

The pH of most diet sodas ranges from 2.5-3.5. This is in the very acidic range. For example, pH 4 is 10 times more acidic than pH 5 and 100 times more acidic than pH 6. ⁶⁶ A typical black coffee has a pH range of 5 – 5.03. Your body has to find a way to regain a 7.35 pH if healthy alkaline foods are not eaten enough to compensate for the imbalance.

Acid versus alkaline foods affects the heart too. Heart disease is a leading cause of death in America. Heart disease is rare in countries that consume large quantities of whole plant foods (alkaline) and minimal amounts of saturated animal fats. Studies show the rate of heart disease in a population is directly proportional to the percent of animal fat (acidic) consumed in the diet of that population. ³⁷

Many heart disease cases could have been prevented had the patients known about the powerful and protective effects of a whole-food, plant-based (alkaline) diet. In the book, *How Not To Die*, Dr. Greger states, “There is only one way of eating that’s ever been proven to reverse heart disease in the majority of patients, a diet centered around whole plant foods.” ⁶⁷ He also found fresh fruits and vegetables are high in

⁶⁶ <http://chemistry.elmhurst.edu/vchembook/184ph.html>

⁶⁷ *How Not To Die* p. 403

levels of the neurotransmitters, dopamine and serotonin, as well as the hormone, melatonin, which increase happiness, relaxation, restful sleep, and memory. ⁶⁸

In the book, *The China Study*, T. Colin Campbell, PhD, dispels a common misperception about protein and whole plant foods: “There are virtually no nutrients in animal-based foods that are not better provided by plants.” ⁶⁹ In addition, Anthony William, in his book, *Liver Rescue* states: “fruits and vegetables contain amino acids and protein that greatly aid us with our health — in fact, the best, most bioavailable and assimilable protein in the world comes from leafy greens. ⁷⁰

Alkaline foods are whole plant foods that are fresh and natural. Some foods are more alkaline than others. A plant-based diet of alkaline foods gives your body the electrons it needs to thrive. ⁷¹ When you are

⁶⁸ Food For The Soul by Mara Karpel, Ph.D. https://www.huffingtonpost.com/mara-karpel-phd/life-saving-changes-to-your-diet_b_10467872.html

⁶⁹ The China Study, by T. Colin Campbell, PhD, p. 230

⁷⁰ Liver Rescue by Anthony William, p. 336

⁷¹ This is Why The Alkaline Diet Works – and is SO Effective by Ross Bridgeford <https://liveenergized.com/alkaline-foods-2/alkaline-diet-works/>

deciding what fuel you want for your body, consider the following foods for balancing your pH levels — *pH is a measurement of the strength of the electrical signals running through your body.* These values are based on biochemical test results of foods once they are digested. ⁷²

Eighty Best Foods for Balancing your pH

The Most Alkaline:

Raw almonds, unpasteurized apple cider vinegar, broccoli, unrefined sea salt, pink salt, chard, cucumber, endive, fennel, wheatgrass, kale, parsley, alkaline water, kelp, nori, wakame, spinach, sprouts, sprouted beans

Very Alkaline:

Arugula, avocado, basil, bee pollen, beets, cabbage, celery, chia, Chinese cabbage, chives, cilantro, eggplant, escarole, figs, garlic, ginger, green beans, lemon, lettuce, lima beans, lime, mustard greens, navy beans, okra, onion, peppers, quinoa, radish, red onion, scallion, spring greens, tomato

Alkaline:

⁷² 80 Alkaline Ideas to Add to Your Daily Diet <http://thechalkboard-mag.com/acid-to-alkaline-the-best-foods-for-boosting-your-ph-levels>

Almond milk, artichoke, asparagus, avocado oil, Brussels sprouts, buckwheat, carrot, cashew nuts, cauliflower, chestnuts, coconut (flesh, milk, water, oil), fava beans, flax oil, grapefruit, herbs, spices, leeks, lentils, new potatoes, olive oil, peas, pomegranate, pumpkin, rhubarb, summer squash, winter squash, sweet potato, watercress

There is a growing body of research focused on acid-alkaline balance and the role it plays in a person's health. In addition to eating healthy foods you also need to eat them in the right proportions so a proper acid-alkaline balance and weight are maintained.⁷³ By following a nutritional regimen of around 80 percent alkaline and 20 percent acid foods your body will receive the acidic and protein rich foods it needs to thrive. An alkaline diet counters the effects of acidic foods which stresses the body.

One of the key elements in maintaining proper pH levels is by drinking water. Ground water is alkaline. If we drink water containing chemicals, chlorine, and fluoride it is acidic and steals electrons from the body. You can make your water more alkaline by squeezing a fresh lemon or lime into it. (Bottled lemon

⁷³ The Acid-Alkaline Lifestyle by Larry Triveri, Jr.

juice will not work) Although lemons are highly acidic, when metabolized in your body they raise your pH.

Findings from a study appearing in the *Journal of the American Society of Nephrology* found higher levels of dietary acid were strongly linked to kidney failure.⁷⁴ After following approximately 60,000 people for more than a decade, University of Oxford researchers found those who consume a plant-based (alkaline) diet are less likely to develop cancer.⁷⁵ Dana Flavin, MD, a Connecticut physician and former toxicology researcher with the FDA, found “an acidic imbalance causes essential minerals to be leached out of the body—including potassium, magnesium, calcium, and sodium.” While working for many years in integrative medicine in Europe, he observed, “tumors grow like weeds in acid—they love acid. That is why we tried to alkalinize cancer patients and bring their

⁷⁴ High acid diet may have negative effects on kidney health American Society of Nephrology <https://www.sciencedaily.com/releases/2015/02/150212183253.htm>

⁷⁵ How Not To Die, by Michael Greger, MD p. 156 Key TJ, Appleby PN, Spencer EA, et al. Cancer incidence in British vegetarians. British Journal of Cancer. 2009; 101 (1): 192-7.

urine pH level up above 6.5. They respond better to any therapy as a result.” ⁷⁶

The most common causes of increased acid pH are from poor diet, emotional stress, lack of sleep, and toxicity. “It has been scientifically shown disease cannot thrive in an alkaline environment, and bacteria, yeast, mold, candida, fungus, and cancer cells thrive in an acidic and low pH environment.” ⁷⁷ Though many foods taste acidic, fruits and vegetables when consumed are alkaline-forming in the body. The determination of a food’s acidity or alkalinity is how it breaks down when digested. Your body needs both acid and alkaline foods.

⁷⁶ Blood PH and Your Health by Dr. Stephen Sinatra <https://heart-mdinstitute.com/heart-health/how-ph-affects-health/>

⁷⁷ Every single person who has cancer has a pH that is too acidic. besthealthyguide.com

Nutritionally Dense Foods

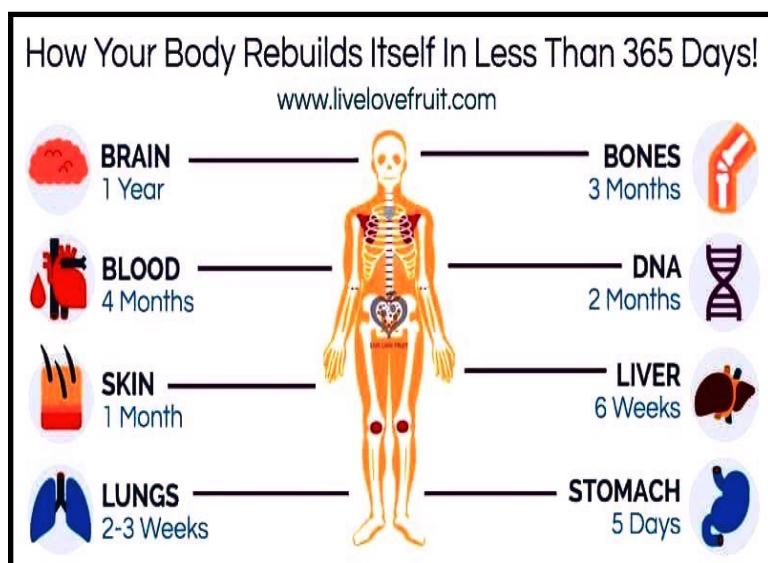
Dr. Fuhrman's Aggregate Nutrient Density Index (ANDI) ranks the nutrient-per-calorie density of many common foods on the basis of how many nutrients they deliver to your body for each calorie consumed. This index also provides a means to achieving your ideal body weight by eating predominantly foods that have a relatively high proportion of nutrients to calories. Unlike food labels, which list only a few nutrients, the ANDI scores are based on 34 nutritional parameters. The foods are ranked on a scale of 1-1,000,

NUTRIENT DENSITY CHART					
Kale	1000	Cantaloupe	120	Banana	36
Collards	916	Apple	91	Walnuts	35
Spinach	886	Peach	88	Almonds	33
Bok Choy	839	Kidney Beans	84	Chicken Breast	32
Romaine Lettuce	462	Green Peas	84	Low Fat Yogurt	31
Boston Lettuce	412	Sweet Potato	81	Apple Juice	30
Broccoli	395	Soybeans	74	Eggs	29
Artichoke	352	Tofu	69	Feta Cheese	25
Cabbage	344	Mango	61	Whole Wheat Bread	25
Green Peppers	310	Cucumber	59	Whole Milk	23
Carrots	288	Oatmeal	55	White Pasta	22
Asparagus	280	White Potato	53	White Bread	21
Strawberry	254	Brown Rice	49	Peanut Butter	21
Cauliflower	269	Salmon	48	Swiss Cheese	18
Tomato	197	Shrimp	46	Ground Beef	17
Cherries	197	Skim Milk	43	Potato Chips	13
Blueberries	155	Grapes	40	Vanilla Ice Cream	6
Iceberg Lettuce	132	Corn	37	Olive Oil	2
Orange	130	Avocado	36	Cola	0.6
Chart Calculated and Designed by Dr. Joel Fuhrman					

with the most nutrient-dense cruciferous leafy green vegetables scoring 1,000.

It is easy to transition into an alkaline producing diet by focusing on having “Salad as the Main Course” with a diversity of nutrient dense ingredients.

This book is intended to provide basic awareness to the importance of pH in your body. Most people do not realize their body is constantly rebuilding itself. As each new cell is built, the body seeks proper building materials. If the body cannot find healthy materials, it will use whatever is available or it will fail. ⁷⁸



⁷⁸ pH and Voltage: The key to Rebuilding Your Health - Dr Tennant
<http://www.curezone.org/forums/am.asp?i=1609973>

Accessing Nature and Earth's Energy to Improve Yours

The Earth is a storehouse of electrons and electricity that can be used to benefit your health and to connect you with other people and things on the planet. Your body operates electrically and interacts with the environment. You are an electrical being living on an electrical planet that is charged with over 3 million lightning strikes daily. As a result, the Earth's surface is charged with an infinite supply of free electrons available to you. Take advantage of this by grounding.



All living things on the planet are connected to the ground's electrical energy. Grounding can help relieve pain, improve sleep, reduce inflammation, and make you feel energized.^{79 80} Accessing the earth's supply of free electrons by grounding yourself enables the earth's electrons to naturally flow between the earth and your body. This reduces the effects of electron stealers, that are present all around you.⁸¹ When your body is in direct contact with the ground, the Earth's electrons are conducted to your body.⁸²

Your feet are designed to enhance your connectivity with the electrical energy of the earth: the salt in your sweat is an excellent liquid conductor of electricity; and, “there are roughly 250,000 sweat glands on a

⁷⁹ Pilot Study on the Effect of Grounding on Delayed-Onset Muscle Soreness - The Journal of Alternative and Complementary Medicine, Volume 16, Number 3, 2010, pp. 265–273

⁸⁰ Earthing: The Most Important Health Discovery Ever? by Clinton Ober, Stephen Sinatra, Martin Zucker pp. 3 and 6 Basic Health Publications 2010

⁸¹ Earthing: How Walking Barefoot Could Cure Your Insomnia & More <https://www.truthinadvertising.org/wp-content/uploads/2017/08/Earthing-How-Walking-Barefoot-Could-Cure-Your-Insomnia-More-Goop-highlighted.pdf>

⁸² The Effects of Grounding <http://articles.mercola.com/sites/articles/archive/2015/11/21/grounding-effects.aspx>

pair of feet.”⁸³ When you go barefoot outside or wear natural leather shoes you allow for absorption of the Earth’s energy.

Your connective tissue acts as a conduit for this grounding energy. Studies show that this grounding energy sends anti-inflammatory and healing electrons to areas of your body with scar tissue, dense bones, and injured muscles.⁸⁴ One study shows that by using a special grounding pad for pre-term infants, the infants were protected from the electrical fields of their incubator that create stress. Their bodies became more relaxed and they received a boost in their health.⁸⁵

“Because our bodies are “conductive” to electricity, they are attracting and picking up nearby electromagnetic fields, similar to the way the antenna for your car radio picks up the radio frequencies emitted by a radio station tower.”⁸⁶ Be aware and careful around Electromagnetic Fields (EMFs) emanating

⁸³ Foot Facts <https://www.foot.com/foot-facts/>

⁸⁴ How Grounding Supports Your Muscles, Joints and Bones by Dr. Laura Knives, MD <https://www.youtube.com/watch?v=kDcBTN70Sas>

⁸⁵ The Latest Study To Prove That Grounding Improves Health <http://www.intuition-physician.com/the-latest-study-to-show-how-grounding-improves-health/>

⁸⁶ Body Voltage Meter Instructions For Measuring “ELF Electric Fields” <https://emfcenter.com/wp-content/uploads/2016/08/Body-Voltage-Meter-Instructions-Model-BVM-S1-B-6-6-16.pdf>

from power lines, televisions, household electrical wiring, microwaves, cell phones, and wireless connections because scientists have found that all cells in your body use electricity to “talk” to each other

To the extent this flow of energy impacts the electrical signaling and flow of electrons between your cells has not been clearly documented or measured. Some scientists believe EMFs should be considered a harmful invader to your body, like any other environmental toxin. They believe EMFs interfere with your **health at the cellular level** because your body is a complex network of sensitive bio-electrical transmitters and receivers.

Dr. James Gimzewski, of UCLA, California, found every cell has a unique sound by which it communicates. He used an atomic force microscope, a kind of super-sensitive microphone, to listen to the sounds emitted by cells. The focus of this new science, called sonocytology, maps the pulsations of the cell’s outer membrane, thus identifying the “song” of the cell. Gimzewski’s work revealed every cell in your body has a unique sonic signature and ‘sings’ to its neighbors.⁸⁷

⁸⁷ How to Use Sound to Heal: Understanding the Principles of Resonance in the Human Body <https://www.thehealersjournal.com/2013/04/30/sound-healing-resonance-in-the-human-body/>

Providing an abundant supply of electrons to support the communications between your cells is necessary because there are so many ways the sensitive electrical “songs” or signaling between your cells can be compromised.

If you want to better understand how EMF’s might impact your cells and experience how easily electrical currents are able to flow through your body, try placing one hand near a lighted fluorescent bulb, without touching it, and hold an electrical tester in your other hand and see if the tester lights up.



Electrical tester and a fluorescent light bulb

Exposure to High-Level Electric Fields Can Impact Your Health

The effects of electromagnetic fields on the human body depend on their duration, frequency, and energy. It impacts the quality of your sleep.⁸⁸ Your brain's electrical activity during sleep involves the transitions of four brainwave states ranging from the high amplitude, low frequency delta, to the low amplitude, high frequency beta. These brainwave states range from deep dreamless sleep to high arousal. When you go to bed and read for a few minutes, you are likely to be in beta wave patterns. When the brainwave frequencies increase into the frequency of theta brainwaves, active dreaming takes place.⁸⁹

Since your sleep is easily disrupted, it makes sense to reduce exposure to electric fields. The human body repairs and rejuvenates itself through its internal electrical systems⁹⁰ and deep sleep.

⁸⁸ What are electromagnetic fields? World Health Organization <http://www.who.int/peh-emf/about/WhatisEMF/en/>

⁸⁹ What is the function of the various brainwaves? <https://www.scientificamerican.com/article/what-is-the-function-of-t-1997-12-22/>

⁹⁰ Are You Sleeping in a Dangerous, Electrically Polluted Bedroom? <https://articles.mercola.com/sites/articles/archive/2008/02/21/are-you-sleeping-in-a-dangerous-electrically-polluted-bedroom.aspx>

The average person spends approximately one-third of their life sleeping.⁹¹ In a typical bedroom, electrical exposure from the electrical energy in your house is stronger than your body's electrical system. Long-term exposure to high-level electric fields can impair your body's ability to communicate within itself and impact your health. Electricity flows in and around your bedroom when lights, TVs, and computers are turned off. For instance, electricity flowing to an appliance exists until the appliance is unplugged or turned off at the wall.

In a YouTube video, Debra Green, PhD. demonstrates electrical energy flowing in her bedroom and into her body while the electrical lights, fixtures, or electronics were turned off and again while they were on. She measured the electricity in her body through a digital multimeter at 4.5 millivolts while she is calmly lying in her bed with the circuit breaker off. Then when turned back on, .58 millivolts were recorded. A 10 fold decrease in the amount of electricity flowing through her body.⁹²

⁹¹ How EMFs Can Damage Your Health <http://blessedearth.blogspot.-com/2009/08/metal-in-mattresses.html>

⁹² Household Electronics That Are Hurting You, Part 2 - Dr. Debra Greene <https://www.youtube.com/watch?v=DeXMCsJUoqU>

If you have difficulty sleeping, you may want to shut off the electrical power to your bedroom or use a grounded bed pad and see if your sleep improves. The flow of electrical signals or electrons in and through your body is responsive to electrical frequencies surrounding you.

Since the flow of electrical energy or electrons can impact your health, you may want to reconsider your use of common sources of electrical energy such as your phone or laptop. A 2012 study published in *Fertility & Sterility* evaluated the direct impact laptop use had on human sperm. It showed a significant decrease in sperm motility and an increase in sperm DNA fragmentation after four hours of exposure to the electromagnetic field of a laptop. Similar results were noted in studies with men wearing cell phones on their belt or in their pants pockets. Electromagnetic field exposure showed significant changes in the men's sperm count.⁹³

According to an expert on the detrimental health effects of electromagnetic fields, the amount of EMFs you're exposed to from a laptop plugged in compared to a laptop running on a battery is about a 100 times

⁹³ Tips for EMF Protection › Your Laptop is Dangerous on Your Lap by Vidya Frazier <http://www.earthcalm.com/laptop-is-dangerous-lap>

higher.⁹⁴ If you measure the electromagnetic radiation levels of a laptop on a gauss meter, you'll find that many have more than 200 milligauss—and safe ranges are less than 0.3 milligauss.⁹⁵ Use your laptop wisely and research ways to reduce your exposure.

To lessen the negative impact of electrical exposure from your cell phone, be careful where you carry your cell phone. Research studies report adults who have used mobile phones intensively for at least 10 years, experience an increase in brain cancer, salivary gland cancer, and rare eye cancers on the side of the head where the cell phone was predominantly held. For some men diagnosed with testicular cancer, the testicle closest to the pant pocket where they stashed their cell phone was affected.⁹⁶ Women are often seen tucking their phones into their bras—probably not a good idea.

Electrons are also known to move more easily through some metals than others. According to Dr.

⁹⁴ <https://articles.mercola.com/sites/articles/archive/2011/07/09/vickie-warren-on-effects-of-electromagnetic-fields.aspx>

⁹⁵ Tips for EMF Protection › Your Laptop is Dangerous on Your Lap by Vidya Frazier <http://www.earthcalm.com/laptop-is-dangerous-lap>

⁹⁶ Keep mobile phones, tablets or laptops away from your body: Wireless devices may cause harm by Erik Pepper <https://peperperspective.com/2013/04/27/keep-mobile-phones-tablets-or-laptops-away-from-your-body-wireless-devices-may-cause-harm/>

Yoshiaki Omura's research, the more your system is contaminated with heavy metals from silver amalgam fillings, eating contaminated fish, living downstream from coal burning power plants, and so forth, the more your body becomes a virtual antenna that concentrates radiation, making it far more destructive.^{97 98}

As Anthony William states in his book, *The Medical Medium*: “There is almost nothing better you can do for your health than to get heavy metals out of your body.”⁹⁹ Again, it goes back to what you eat. He explains certain foods can help detoxify your body.

*His detox blender drink, consisting of: 2 bananas, 2 cups wild blueberries, 1 cup cilantro, 1 cup orange juice, 1 tsp barley grass juice powder, 1 tsp spirulina, and 1 small handful of Atlantic dulse, can have a major impact on reducing toxicity.*¹⁰⁰

⁹⁷ Heavy Metal Toxicity Raises Your Risk of Electromagnetic Sensitivity <https://articles.mercola.com/sites/articles/archive/2012/08/25/heavy-metal-electromagnetic-fields.aspx>

⁹⁸ 32 Surprising Sources of Toxic Heavy Metals by Michelle Schoffro Cook <https://www.care2.com/greenliving/31-surprising-sources-of-toxic-heavy-metals.html>

⁹⁹ Medical Medium p.266

¹⁰⁰ Heavy Metal Detox Smoothie by Anthony William <http://www.medicalmedium.com/blog/heavy-metal-detox-smoothie>

Summary

By becoming aware of the vast world of invisible energy instead of focusing solely on what is visible — the three dimensional world of people, places, and things — you will find opportunities to *Turn on Your Energy*. When you see your world as electrical fields of energy filled with interpenetrating influences and invisible forces that connects everything, you will become adept at using your daily activities, the foods you eat, the feelings and thoughts you harbor, to expand your flow of energy and thereby thrive.

Use the information you have just read to consider new ways to *Turn On Your Energy* such as: incorporate relaxation into your daily schedule, calm your mind chatter, or experiment with the exercises. Add more electron donating foods to your diet and be mindful of electron stealing emotions and foods. You can control the expansion of the flow electrical energy in and through you.

In my follow-up book, *The Energy To Thrive*, you will find further explanations of how to nurture and cultivate appreciation and ease and reduce struggle. Increased awareness of your interconnectedness to the world can naturally dissolve and transcend the lim-

itations of past conditioning, emotions, relationships, and thought patterns.

Hopefully you will explore *The Energy To Thrive* to delve further into the ways in which you influence the electrical signals you receive and send to your cells and to the environment. Being more aware of the flow of your personal energy and ways in which you can increase and protect it will help you to not only live but thrive.

Experimentation and openness are the basic components of developing an unimpeded flow of electrical energy in your life.

Here is what Donna Eden, author of *Energy Medicine*, had to say about *The Energy To Thrive*:

“I think your book, *The Energy To Thrive*, is a wonderful contribution to the field. I find myself drawn to it and reading it even when I don’t have time. I love your ideas ... and like how you honor other pioneers in the field. The world needs it; you have a way of explaining energy that is so available to the normal human who hasn’t been taught about it.”

Here is what Bruce H. Lipton, Ph.D., stem cell biologist, and author of the bestselling books, *The Biology of Belief*, *Spontaneous Evolution* and *The Hon-*

eymoon Effect, had to say about *The Energy To Thrive*:

"To understand how your body's electrical fields directly impacts the quality of your life, I highly recommend two exceptionally readable and valuable books by Grieg De La Houssaye: *Turn On Your Energy* and *The Energy To Thrive*.- *Turn On Your Energy* is a brief review of how electrical fields derived from thought, relationships, and diet, among other sources, influence the body and how knowledge of these fields can be used to enhance your health and well-being. *The Energy To Thrive* is a more in-depth review of the subject that also emphasizes how this information can be used to transform. Grieg's books offer knowledge of self, which translates as self-empowerment, so needed in today's chaotic world."

Grieg de la Houssaye is an experienced meditator and Energy Medicine Practitioner with a Masters Degree in Philosophy from George Washington University. He taught Hands-On Energy Medicine classes for the OLLI Institute at the University of Nevada at Las Vegas for years.

As an energy medicine practitioner he works with client's electrical signals and impulses through

the use of light or not-touch therapies to open up blocked energy patterns, and ignite the body's self-repair mechanisms. He stresses to his clients and readers that they too have the capacity to unblock their energy and improve their health and well-being. He dedicates himself to making sense of new scientific discoveries — proving everything is energy — and he freely shares this knowledge whenever he can.

Dear reader,

Reviews are the lifeblood of books. I would consider it a personal favor, if you liked it, please offer a review on the site you purchased it and share this book on social media. To go directly to the review page for my book use the following link: [https://
www.amazon.com/review/create-review?
&asin=B07X6K8WWG](https://www.amazon.com/review/create-review?&asin=B07X6K8WWG)

My website is: theenergytothrive.com